



DOMESTIC VIOLENCE PREVENTION

Have the courage to speak out – everyone plays a role in preventing domestic violence.

What is domestic abuse?

Behaviors used to control, intimidate and have power over an intimate partner are abusive.

{ ABUSIVE BEHAVIORS }



Physical — physical contact including pushing, shoving, slapping, kicking, and choking



Emotional and verbal — bullying, belittling, threats and controlling behavior



Sexual — forced sex or participation in unwanted or hurtful sexual acts



Financial — preventing or limiting access to money, financial resources or employment

For more information on how abuse is about power and control, visit the Love Is Respect website.



WARNING SIGNS

- Possessive or controlling behavior
- Extreme jealousy or false accusations
- Explosive temper or mood swings
- Embarrassing or shaming in public

For the full list of warning signs, visit the National Domestic Violence Hotline website.



HELP IS AVAILABLE — MILITARY

- Call Military OneSource at 800-342-9647 for confidential counseling and referral to other resources.
- Visit the Family Advocacy Program on your installation.
- Speak with a Family Advocacy Program domestic abuse victim advocate who can help you find shelter, medical care, counseling, legal services and will explain your reporting options.



CONFIDENTIAL CIVILIAN RESOURCES

- Call the National Domestic Violence Hotline at 800-799-7233.
- Seek help from the local domestic violence programs.



Relationships should be safe, respectful and positive. For more information on how to nurture healthy relationships, check out the article on the Military OneSource Child Abuse and Domestic Abuse page. Is your relationship safe and healthy? Take this quiz to find out.

